

How Advanced Muscle Plus Can Help You Rebuild Muscle After 40 — The Science of Strength Renewal (2m0D)

Did you know that after the age of 40, you lose up to **8% of muscle mass every single decade**? This isn't just about looking less toned; this natural, age-related decline, known as **sarcopenia**, is a major factor in reduced quality of life. Muscle is a powerful engine for your

entire body—it's essential for strength, balance, and maintaining a healthy **metabolism**. As you lose muscle, everything slows down, making you feel weaker, less energetic, and more

susceptible to injury.



[The good news? Aging doesn't have to mean inevitable decline.](#)

Introducing **Advanced Muscle Plus**, a modern, science-based solution specifically engineered for men and women over 40. This unique supplement is designed to counteract age-related muscle loss by naturally supporting the processes that maintain and rebuild muscle tissue.

In this comprehensive guide, we will dive deep into the science of muscle loss, explain precisely how Advanced Muscle Plus works, highlight its powerful, clinically-backed ingredients, and show you how to use it to revitalize your strength and confidence.

Understanding Muscle Loss After 40

Why We Lose Muscle as We Age

The gradual loss of muscle mass, strength, and function that occurs as we get older is medically termed **sarcopenia**. It's a natural part of aging, but its effects are profound.

How It Works



Let's say you're eating a protein source like meat or fish. This meat or fish goes into your stomach and begins to get digested. Your digestive system then breaks down the protein into amino acids.

Those amino acids then go through your small intestine and into your bloodstream. And from there, they are distributed throughout the body. The body then takes those amino acids and uses them to make whatever proteins it needs. Some of the amino acids are made into muscle. Some of them are made into organ cells. Some of them are made into hormones. And so on.

The primary biological reasons include:

- **Decreased Hormonal Levels:** A reduction in key anabolic (muscle-building) hormones like testosterone and growth hormone makes it harder for the body to synthesize new muscle tissue.
- **Lifestyle Factors:** Modern life often leads to **inactivity** and **low protein intake**, depriving the body of the necessary signals and raw materials to maintain muscle.
- **The mTOR Signaling Problem:** The most critical pathway for muscle growth is the **mTOR (mammalian Target of Rapamycin) pathway**. In younger people, this pathway is easily "turned on" by exercise and protein. Unfortunately, as we age, the mTOR

pathway becomes less sensitive, or "blunted," making it increasingly difficult to signal the
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body to rebuild muscle, even after a tough workout.

The Hidden Impact of Muscle Loss

The consequences of this age-related muscle decline go far beyond the gym:

- **Reduced Energy and Slower Metabolism:** Muscle is metabolically active, burning
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calories even at rest. Less muscle means a **slower metabolism**, leading to easier
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weight gain and persistent low energy.
- **Mobility Issues and Injury Risk:** Loss of strength and muscle quality directly impacts
balance, making everyday tasks harder and dramatically increasing the risk of
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dangerous falls.
- **Emotional and Lifestyle Consequences:** Feeling weak and seeing your body change
can lead to a dip in **confidence** and the loss of **independence**—the ability to enjoy
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travel, hobbies, and an active lifestyle.

It's clear that supporting muscle health is crucial for a strong, energetic life after 40.

["Want to stay strong and active after 40? Learn how Advanced Muscle Plus
can help you regain your power naturally — Order Now >>"](#)

The Science Behind Advanced Muscle Plus

What Makes Advanced Muscle Plus Different

While many supplements promise muscle gains, **Advanced Muscle Plus** is specifically designed to overcome the age-related challenges of muscle synthesis and breakdown. It was developed by **Dr. Frank Shallenberger**, a renowned expert and physician in **Anti-Aging Medicine**, who focused on creating a formula that directly addresses the "blunted" mTOR pathway in older adults.

The **REAL REASON** You're Losing Muscle Mass as You Age and How to Stop It and Even Reverse It

The average person loses 30% of their muscle mass by the time they're 60. But thanks to a new breakthrough, you can stay strong and independent as you age – and even have more muscle than you did when you were younger!

If you'd like to stay strong and independent as you age, then listen to the story of my friend Robert.

Robert is a "health nut." He exercises daily. He watches what he eats. And he uses anti-aging treatments like bio-identical hormone replacement. So you'd think he would have no trouble staying strong and youthful.

But despite Robert's health regimen, he noticed that he started losing muscle mass as he got older. And he couldn't seem to stop it. Even worse, he started getting more injuries when he exercised. One time, he pulled a hamstring muscle and could not get it to heal. He tried chiropractors, acupuncture, body work, and more. But nothing worked.

Then Robert came across an amazing breakthrough that changed his life forever. Within 4 weeks of using this breakthrough, Robert healed his hamstring injury completely. Even more amazing, he put on 12 pounds of lean body mass! And he did it without exercising more or changing anything else about his lifestyle!

Today, Robert is 70 years old and he's in better shape than people 30 years younger. His muscles are strong. And his abs are flat and hard.

The core of its distinction lies in its two primary, clinically studied ingredients: **DL185™**

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Dileucine and **MyHMB®**. This combination provides a unique, **double-action** approach to muscle support.

Ingredient Spotlight

Advanced Muscle Plus utilizes a targeted, synergistic blend of ingredients to ensure maximum effectiveness:

Ingredient	Main Function	Research Benefit	Dosage per Serving
DL185™ Dileucine	Activates the essential mTOR pathway	Boosts protein synthesis by 159%	2g
MyHMB®	Prevents age-related muscle breakdown	Reduces muscle loss by up to 57%	1.5g
Vitamin D3	Supports overall muscle performance	Enhances calcium absorption and muscle strength	1,000 IU

Clinical Studies Supporting the Formula

The claims behind Advanced Muscle Plus are rooted in peer-reviewed scientific research on its key compounds:

- **Study 1 (Dileucine):** Research published in the *Journal of Bone and Mineral Research* has demonstrated that the leucine component of the formula significantly **improved muscle mass and function** in adults over 50. This highlights its ability to overcome the age-related difficulty in stimulating muscle growth.
- **Study 2 (MyHMB®):** Trials, including those published in journals like *PLOS ONE*, show that **MyHMB®** (a metabolite of leucine) is highly effective at reducing muscle protein breakdown, especially following intense activity or periods of inactivity. It **accelerates recovery** and protects existing muscle fibers.

The synergy between **DL185™ Dileucine** and **MyHMB®** is the secret sauce. While Dileucine ramps up the muscle-building signal (mTOR activation), MyHMB® acts as a bodyguard,

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preventing the breakdown of the muscle you already have. This powerful combination provides robust “**double action**” support for muscle regeneration.

"Science shows muscle growth is possible at any age—don't let your mTOR pathway stay dormant! Try Advanced Muscle Plus today and feel the difference!"

How Advanced Muscle Plus Works in the Body

The 3-Step Action Formula

Robert's Secret

So what was this breakthrough that caused Robert to not only stop his muscle loss but actually reverse it? Believe it or not, it's protein. Yes, protein.

But Robert didn't get his amazing results by eating more protein or drinking protein shakes. No, he got those results by getting his body to make more protein!

Yes, Robert got his body to make more protein. And in a moment, I'm going to show you exactly how he did it. But first, let's review why proteins are so important.

Proteins form your muscles, bones, skin, and hair. They form the connective tissue that holds you together. They even make up the "messengers" in your body... including your hormones, your immune cells, your enzymes, and your brain chemicals.

Think about what that means. If you don't have enough proteins, you lose muscle mass. Your hair gets brittle and your skin sags. Your bones become weaker. Your immune system becomes sluggish.

But that's not all. Your sex drive suffers. You become anxious or depressed. You become more likely to fall and suffer a hip fracture... and less likely to recover from one.

I'm sure you can see why proteins are so important... and why not having enough can be bad for your health.

So where do all these important proteins come from? Most people think they come from the diet. But that's not entirely accurate. The truth is that proteins are made by your body. But your diet is important, because it supplies amino acids, which are the building blocks that create proteins.

Advanced Muscle Plus does not just provide raw protein; it provides the biological **signal** and **protection** your aging muscles need. It works via a powerful 3-Step Action Formula:

1. **Activate:** The **DL185™ Dileucine** component acts like a key, "**waking up**" the **blunted mTOR pathway** in your muscle cells. This re-establishes the crucial signal needed to begin synthesizing new protein and, consequently, new muscle tissue. This activation

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step is vital for overcoming age-related muscle resistance.

2. **Protect:** The **MyHMB®** component jumps into action to **prevent muscle fibers from**

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breaking down. As we age, the body often enters a catabolic state (breakdown)

faster than an anabolic state (building). MyHMB® minimizes this breakdown, preserving

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existing muscle and creating a positive balance for growth.

3. **Rebuild:** With the signal active and protection in place, the nutrient synergy, aided by **Vitamin D3**, helps your body efficiently **rebuild lean tissue and restore strength**. This results in a cumulative effect of higher muscle mass and improved function.

When to Expect Results

Consistency is key with any quality supplement, but users typically notice benefits in distinct phases:

- **Week 1–2:** Most users report a boost in overall **energy** levels and **faster recovery** after simple activities or light workouts. Your muscles feel less fatigued the next day.
- **Week 3–6:** You may start to experience more **noticeable strength and endurance gains**. Climbing stairs or carrying groceries feels easier, and your stamina during light exercise improves significantly.
- **Week 8+:** At this stage, many users observe **visible muscle definition and tone** returning. The strength gains stabilize, and you feel a renewed sense of confidence and physical capability.

["Ready to rebuild and recharge your strength? The science is clear—Get your first bottle of Advanced Muscle Plus — Click Here to Buy >>"](#)

Benefits of Advanced Muscle Plus

Real Benefits for Men and Women Over 40

Advanced Muscle Plus is not just a body-building supplement; it is a **functional anti-aging formula** designed to support key aspects of vitality and independence for both men and women over 40.

The Dietary Protein Trap

However, not all the amino acids get turned into proteins. Some of them are turned into glucose and are burned for energy.

This is a remnant of our caveman days. When we were cavemen, food was scarce. So we needed to be able to get energy regardless of what food we ate.

Berries? No problem. They contain carbs that are burned for energy. Nuts? They are also burned for energy. Freshly killed squirrel? Some of the protein in the meat is turned into lean body mass... and the rest of it is turned into glucose for energy.

The primary benefits you can expect include:

- **Increased Lean Muscle Mass:** By activating the mTOR pathway, the formula directly supports the creation of new muscle tissue, helping to reverse sarcopenia.
- **Faster Recovery After Workouts:** MyHMB® helps reduce muscle damage, meaning less soreness and a quicker return to activity, making it easier to stay consistent with your routine.
- **Improved Stamina and Balance:** Increased muscle quality and strength translate directly into better balance and the endurance needed to enjoy a full, active day.
- **Slower Signs of Physical Aging:** Maintaining lean muscle is one of the most powerful anti-aging steps you can take, helping you look and feel younger.
- **Enhanced Confidence and Body Composition:** Reclaiming strength and seeing positive changes in muscle tone naturally boosts self-esteem and makes you feel more capable.

Why It Works Even Without Heavy Exercise

One of the greatest advantages of this formula is that it is explicitly **designed for busy adults and those with limited mobility**. You don't need to train for a marathon or lift weights daily to see results.

How To Tell

So how can you tell if your body is using the protein for muscle or if it's turning it into excess glucose? Scientists have answered this question.

You see, amino acids contain nitrogen. And when amino acids are turned into proteins, the nitrogen remains in your body as part of the protein. But when amino acids are converted into sugar, the nitrogen is released and passes through to your urine.

So if you want to know if your food is being turned into protein or sugar, all you have to do is measure the amount of nitrogen in your urine!

This measurement is called **Protein Utilization**. Here's how it works:

If a dietary protein has a **Protein Utilization of 100%**, it means that there is no nitrogen in your urine and that the body is using 100% of the amino acids in that food to build body protein. That's great!

On the other hand, if a protein source has a **Protein Utilization of 10%** that means your body is only using 10% of the amino acids to make body protein. That means your body is turning 90% of those amino acids into sugar. Not good!



So what's the best source of dietary protein, with the highest Protein Utilization? Scientists found that it's breast milk, with a **Protein Utilization of 49%**. That makes sense, because babies need an efficient source of dietary protein. But we're not babies, so what's the next best source of protein?

The next best source of protein is whole eggs. Whole eggs have a **Protein Utilization of 47%**. But it has to be the whole egg. If you eat egg whites like many so-called health experts tell you to do, you will only get a **Protein Utilization of 17%**. Why? Because egg yolks contain the essential amino acid methionine. Take out the yolk, and you seriously limit the egg's protein-building value.



After whole eggs come meat, poultry, and fish. They're all equal, with a **Protein Utilization of 32%**. But it really goes downhill from there.

The Dileucine component is powerful enough to signal muscle growth even with minimal stimulation. This means:

- It works synergistically with **light workouts**, such as resistance band training, daily walking, or yoga.
- For those with mobility issues, it helps **preserve existing muscle** and maximizes the benefits of simple daily movements.

The goal is functional strength and vitality, not competitive bodybuilding.

["You don't need to train like an athlete—just give your muscles the powerful, scientifically backed signal they need! Try Advanced Muscle Plus risk-free today."](#)

Comparison Table — Advanced Muscle Plus vs Competitors

Many products are available for muscle support, but they often fall short in addressing the specific challenges of aging muscle cells. **Advanced Muscle Plus** is formulated to provide an optimized solution.

The Truth About Protein Shakes

You know all those expensive protein powders? They're supposed to be so great at building muscle. But if they're your go-to source of protein, you may be disappointed. Protein powders have a **Protein Utilization of just 17%**. This includes protein powders made from soy, dairy, and even eggs. A Protein Utilization of 17% means that 83% of the protein is turned into sugar.

And finally, how about spirulina, a popular protein supplement made from algae? Depending on the brand, spirulina has a **Protein Utilization from 0% to 6%**. It's practically worthless as a protein source.

So let's go back to the original problem. Why do people lose so much lean body mass as they get older? There are 3 main reasons:

1. They're not eating enough protein.
2. They are eating the wrong sources of protein.
- And...
3. They are not digesting their protein.

You see, it's not enough to eat the right proteins; you also have to digest those proteins and break them down into amino acids.



Feature	Advanced Muscle Plus	Typical Protein Powder	Generic HMB Supplement
Key Ingredients	DL185™ Dileucine + MyHMB®	Whey, Casein, or Soy protein	MyHMB only
Scientific Support	Peer-reviewed human studies on key compounds	Basic amino acid data	Limited, often isolated results
Results for 40+ Adults	Excellent (Dual-action activation + protection)	Moderate (Relies on a healthy mTOR signal)	Average
Digestibility	Easy to digest capsules/powder	Can cause bloating or digestive issues	Easy
Value for Money	High (Targeted, concentrated active ingredients)	Medium (Lower concentration of key actives)	Low

The core difference is the **dual-action approach**: activating the necessary signals while protecting the existing tissue. This level of targeted support is rarely found in generic protein or single-ingredient HMB products.

"Advanced Muscle Plus stands above ordinary supplements because it's engineered for age — Experience the difference yourself!"

How to Use Advanced Muscle Plus

Usage & Dosage Guidelines

To get the most out of the Advanced Muscle Plus formula, proper timing and consistency are essential.

Unfortunately, the older we get, the weaker our digestive systems tend to be. We make less stomach acid and digestive enzymes. And this can cause a downward spiral.

Remember earlier when I mentioned that enzymes are actually proteins? Well, if you're protein-deficient, it stands to reason that you would not make enough digestive enzymes. That means that you would not digest your food properly. This would make you even more protein-deficient... which would lead to even lower enzyme production. And so on.



But what if you didn't have to rely on your digestive system to build protein? What if you could skip that part of the process entirely and just take amino acids? The amino acids would go directly into your bloodstream. They would then be used to build muscle, bone, connective tissue, hormones, enzymes, and more.

Well that is exactly what my friend Robert did. He took amino acids orally.

The manufacturer recommends:

- **Daily Serving:** Take **1 serving daily** (usually 2 capsules or powder equivalent, check your product label).
- **On Workout Days:** Consume your serving **post-exercise** (within 30-60 minutes). This is when your body is most receptive to the muscle-building signal and can utilize the ingredients for faster recovery and protein synthesis.
- **On Rest Days:** Take your serving **with your breakfast** or first meal of the day to ensure your muscles have the protective and activating nutrients throughout the day.
- **Consumption:** Combine your supplementation with adequate hydration and, ideally, a high-protein meal to give the activated muscle cells raw building blocks to work with.

Tips for Maximum Results

Advanced Muscle Plus is highly effective on its own, but it works synergistically with a healthy lifestyle. Implement these simple habits for maximum muscle regeneration:

- **Sleep 7–8 hours:** Muscle repair and growth primarily happen while you sleep. Prioritize quality rest.

- **Stay Hydrated:** Water is critical for all cellular functions, including muscle protein
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synthesis.
- **Incorporate Light Resistance Exercise:** Even 15-20 minutes of light weight training, bodyweight exercises, or resistance bands a few times a week will provide the initial stimulus the formula needs to maximize activation.
- **Avoid Excessive Alcohol and Processed Foods:** These can contribute to
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inflammation and slow down the body's natural repair processes.

"Small changes make big results when you have the right support — Start your 30-day transformation with Advanced Muscle Plus today!"

Testimonials & Real Results

What Real Users Are Saying

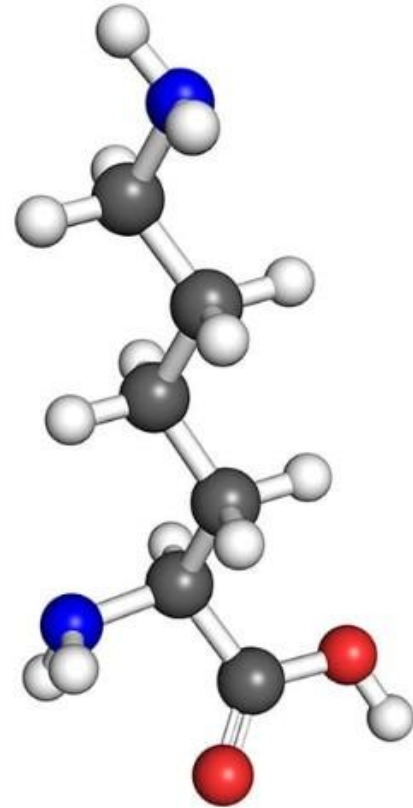
The true measure of any supplement is its impact on the lives of real people. Thousands of men and women over 40 have used Advanced Muscle Plus to break free from the cycle of age-related muscle decline. They report significant improvements in daily function and physical confidence.

The Right Combination

But he didn't just go to the health food store and buy an off-the-shelf amino acid product. Why? Because he found that you can't just take amino acids willy-nilly. You have to take the right amino acids in the right combinations.

Let me explain how this works. You already know that proteins are made up of amino acids. Some of these amino acids are made up by your body all on its own. But there are **8 amino acids** you have to get from your diet. These **8 are called the essential amino acids**.

You'd think that if you take all 8 essential amino acids, your body would turn all of them to protein, right? That's what I always thought, because that's what I learned in medical school. But like many things I learned in school, there's more to the story.



Here are examples of the kind of results users aged 45–70 are reporting:

- *"Before, I struggled to finish a round of golf without feeling completely drained. Within a month of taking Advanced Muscle Plus, I felt a serious increase in **stamina** and my shoulders stopped aching the next day."* - David M., 62
- *"I can finally lift weights again without crippling fatigue and recovery time. My muscle tone is noticeably better, especially in my arms. It's like being in my 30s again!"* - Sarah L., 47
- *"Within 3 weeks, I felt stronger climbing the three flights of stairs in my home! It has made my daily routine much easier, and I no longer worry about losing my **independence**."* - Robert P., 70
- *"I'm not a heavy lifter, but I use it for yoga and walking. My **balance and core strength** have improved so much that my instructor even commented on it."* - Jessica H., 55

Before & After Expectations

It's important to remember that Advanced Muscle Plus is not "overnight magic." It facilitates a natural biological process that takes time. Expect **gradual, consistent improvement**. The visible changes in muscle definition and tone are the result of the cumulative strength and protection gained over several weeks. Stay consistent, and the results will follow.

[**"Join thousands of satisfied users who've regained their strength, energy, and confidence — Order Advanced Muscle Plus Now >>"**](#)

Expert Opinion — Dr. Frank Shallenberger

The Expert Behind the Formula

The credibility of **Advanced Muscle Plus** is significantly enhanced by the expertise of its formulator, **Dr. Frank Shallenberger, MD**.



It turns out that we can't just take those **8 amino acids**; we also need to get them in the right balance. Because otherwise, we may end up with too much of one amino acid and not enough of another.

To illustrate this concept, imagine you owned a bicycle factory. And imagine you had plenty of handlebars and seats and frames, but you only had one pair of tires. Well, it doesn't matter how many of the other parts you have; if you only have one pair of tires, you can only make one bicycle! The rest of the parts go to waste.

That's the same thing that happens when you take amino acids in the wrong balance. Remember earlier when I mentioned that when you eat meat your body only gets 32% of the protein? The reason is that the amino acids in meat are not in total balance. So the extra aminos get turned into sugar.

Dr. Shallenberger is a highly respected physician who is board-certified by the American Board
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of Anti-Aging Medicine. With a long career dedicated to functional and regenerative medicine, he is also the Editor-in-Chief of the *Second Opinion Newsletter*, a widely respected source of health and wellness information.

His mission has always been to help adults live stronger, more vibrant, and longer lives by addressing the root biological causes of age-related decline. After studying the challenges of **sarcopenia**—specifically the difficulty in activating the mTOR pathway in older adults—he created Advanced Muscle Plus. His goal was to provide a scientifically robust and easily absorbed supplement that could override this age-related resistance, allowing adults to **reclaim their inherent capacity for muscle growth and repair**.

Pricing, Guarantee & Where to Buy

Safe Purchase Information

To ensure you receive the authentic, clinically-backed formula, Advanced Muscle Plus is available exclusively through the **Official Advanced Bionutritionals Website**. Avoid third-party sellers to guarantee product purity and to qualify for the full money-back guarantee.

*"I have not stopped taking them
and feel 20 years younger"*

- Judy P., Advanced Amino Formula Customer



Code: ABFSATDS



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If you are unsatisfied for any reason, return it within 90 days for a
full refund. You only pay return shipping.

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\$33.25 ea

3 Bottles

\$35.95 ea

1 Bottle

\$39.95 ea

Regular Price: \$119.85

Instant Savings: \$12.00

\$107.85

(This is a one time payment)

Add To Cart

- **Bundle Discounts:** The company frequently offers significant savings through bundle packages, such as 3-bottle and 6-bottle options, which are ideal for committed users since consistent use yields the best results.
- **90-Day Money-Back Guarantee:** Your purchase is protected by a generous **90-day, 100% money-back guarantee**. This allows you to try the product risk-free and confirm its benefits for yourself.
- **Quality Commitment:** The formula is manufactured in the USA under strict quality standards in a GMP-certified facility.

Conclusion

Aging doesn't have to be synonymous with weakness or declining vitality. The feeling of being able to rely on your body, to walk with confidence, and to maintain your independence is priceless. With the right, targeted biological support, **muscle rebuilding is absolutely possible** after 40.

Advanced Muscle Plus is an innovative, science-backed solution that moves beyond traditional protein powders. By utilizing the synergistic power of **DL185™ Dileucine** and **MyHMB®**, it gives

your body the precise signals and protection it needs to restore muscle function and vitality, directly addressing the core challenges of sarcopenia.

Don't let age-related muscle loss steal your energy and confidence any longer. Take control of your strength and enjoy the active life you deserve.

"Reclaim your strength, energy, and confidence after 40—don't delay your transformation! Try Advanced Muscle Plus today!"